

## **Juniors Ultimate Clinic Guidelines**

A general guide for running a 1-hour clinic for a junior high school class

Adapt the length of each activity or the number of activities depending on the time slot given to you. Increase the difficulty of the skills if teaching older kids.

1. Introduction to throwing (10 minutes)
  - a. **Demonstrate** backhand throw:
    - i. Describe the basic mechanics of throwing (facing the receiver, stepping forward while throwing, keeping the arm straight, keeping the disc flat (make comparison to keeping a cup of water from spilling on the top of the disc)).
  - b. **Activity:**
    - i. Kids to break into groups of two and throw backhands. Wander through groups and give encouragement and advice. For those that are advanced, teach them how to throw a forehand.
      1. Forehand: teach them how to grip the disc, describe body position (facing receiver) and which leg to step with, leading with the elbow and getting a snap on the throw.
2. Introduction to catching (10 minutes)
  - a. **Demonstrate** alligator catches, high and low catches. Emphasize using two hands to catch.
  - b. **Activity:**
    - i. Kids break into groups and practice the three catches. As for throwing, wander around and give encouragement and technique tips.
3. Game time (40 minutes)
  - a. Let the teachers split up teams or get kids to make their own teams. Play a full game if possible, or a smaller field/less players per team if there aren't enough kids. Supervise to keep kids on track and make sure they play spirited.